

ANXIETY RELIEF GUIDE

10 tips for busy Mothers and Birthing People who want to reduce stress
and anxiety.

BY THE MOTIVATIONAL MUMS CLUB



Statement from Founder

CHRISTINA BROWN

If you are reading this, you have likely realised the impacts that stress and anxiety are taking on you. But, you also know you are self-aware and ready to take action so that you can feel better too.

I've been there and know first-hand how difficult living with both stress and anxiety can be! I created this guide for myself when I was going through a challenging time - this was during the same period when my sister company was born. I'm now ready to share these tips with you.

The stress of trying to be perfect, the exhaustion of feeling like I always had to be busy, and the worry that came with overthinking every little detail had added up. I knew I needed to take the advice that The Motivational Mums Club Psychologists gave to our clients and create a change in my own life! My own experience recovering from stress and anxiety has given me the passion to help other women, like you and the reason why I created The Motivational Mums Club. In this guide, you will begin to learn how to overcome stress and anxiety, release limiting self doubt and step into self-confidence.

In it, you'll find small, science-backed tips you can start working on immediately that significantly reduce stress and anxiety, build confidence and help you find yourself again. If this all sounds amazing, but you know you could use the support and accountability to implement any kind of new tool, please do book your free mental health session with our Psychologists. Our Psychologists have helped 100s of Mothers and Birthing People and have the same passion as I do which is to make a real difference in a climate that is challenging for us all. I hope you find these tips helpful.

My favourite quote which I always state in my corporate meetings is

"It's the small changes that have the biggest impact. So, let's continue to drop these small changes into the Ocean."

Christina Brown

Founder, The Motivational Mums Club

www.motivationalmumsclub.com



INTRODUCTION FROM THE MOTIVATIONAL MUMS CLUB PSYCHOLOGISTS

Our mothers and birthing people ask us all the time what the main differences are between anxiety and stress. The easiest way to explain it is that stress is a milder, shorter-term response to a specific situation. Anxiety, on the other hand, is usually more severe and persistent than stress. With anxiety, the trigger of your panic, worry, or fear may be less clear. Whether you have stress, anxiety, or both, these tips will help you.

It's easy to go through life on autopilot. And if we don't purposely look up once in a while, everyday stress can turn into chronic stress and then anxiety. This will eventually lead to a lack of confidence and self-doubt. The reverse is also true: self-doubt can lead to worry and then stress, overwhelm, and then anxiety. It can be a slippery slope. But, the really good news is that both stress and anxiety are manageable and treatable. You don't have to stay stuck.

This guide is a vital part of the Balanced+Well program that we teach all of my mothers and birthing people who book their sessions with The Motivational Mums Club. In it, we're sharing a variety of research-based, psychology-driven tips for you to try. All of the tips are proven to help you decrease anxiety and stress and build confidence. Over time, these tips turn into everyday habits that will not only help you manage anxiety and stress but also feed your soul. They become your very own foundation to manage stress, anxiety, and mood. That said, there is no one-size-fits-all approach. Does one tip really resonate with you? Try it. If you try something and don't love it, move on to the next one and find something else that works.

I encourage you to try out 1 or 2 habits each day. Think of it as a choose your own adventure: you pick and choose what you want. Need more guidance? visit [The Motivational Mums Club website](#) and book your free mental health sessions with us.

Psychologists, The Motivational Mums Club



1) Affirm to yourself

If you follow Motivational Mums Club on Instagram, you know affirmations are one of my favourite tools. The way you speak about and to yourself matters so much when it comes to decreasing stress and anxiety! When you have overly critical self-talk it decreases your self-confidence and then you stay stuck in thought patterns that are limiting and oftentimes negative. There is a difference between toxic positivity and using an affirmation when you need a quick reminder. (We're not just replacing negative with positive.) Some of my favourites are "I can get through this." "I am stronger than I think I am." "It will be ok."

What are yours?

2) Get some sleep

Missing those 'zzz's can result in a variety of negative consequences, including anxiety, depression, weight gain, and a weakened immune system. Most people need between 7-9 hours of sleep a night to feel rejuvenated the next day. Sleep is so important for mental health! Getting enough sleep helps your memory, decision-making, mood, focus and so much more. But somehow sleep goes to the back burner when we're stressed but importantly when we become parents. We stay up too late, or for some experience insomnia. Where possible, even if it's a quick 15 mins nap, do it as this is better than nothing.

****If you are trying to sleep, but find your mind is spiraling, book a mental health session with our Psychologists and we can refer you to a sleep specialist as a part of our service to you. ****

Work on your night time routine and prioritise your sleep this week, wake up refreshed, and give yourself that checkmark!

3) Move your body

Research proves over and over that, as little as 10 minutes of walking (or other physical activity) can provide relief from both stress and anxiety. In fact, movement helps us to relax afterward by decreasing cortisol (the stress hormone). Bonus - those extra endorphins improve your mood and ability to sleep.

If you're just starting out, try for 5-10 minutes a couple of days per week. It does not have to be rigorous; you can gradually build up your routine over time. You may need to reframe what 'exercise' looks like in your life. For me, movement can be a walk with my kids (I did a lot of walking after my 2nd born which helped with my mood).

Exercise does not have to be an intense workout every day to decrease stress. How refreshing does it feel to hear that? Try checking with yourself before, during, and after your daily movement and notice what happens. Give yourself praise for doing any kind of movement, and notice how it makes you feel afterward.

4) Be aware of your thoughts

Did you know we have about 60,000 thoughts per day? That means paying attention to your thoughts, in the moment, is one of the most important things you can do for your mind. Our stress, overwhelm or anxiety can sometimes stem from a single negative thought. You might find your brain automatically focuses on the worst thing that happened or it might constantly predict negative outcomes.

These kinds of thoughts affect how you feel and how you behave. Think about what are you saying to yourself, about yourself, and about other people? When negative thoughts arise can you identify them?

Ask yourself, Is this thought rational? Is it true? Am I basing this thought on a fact or a feeling? Is there evidence that this thought is true? This is a tip that you really need to dig into. Need help on this element, visit our website and book your session with the MMC Psychologists.

Once you start to notice, you can catch, check, and change anything not serving you.

5) Be mindful

Find a mindful exercise that you can implement daily, such as deep breathing, yoga, meditation, listening to music, reading a book, repeating an affirmation, or another healthy, conscious mindfulness exercise. Use this time to reset as needed throughout the day. Keep in mind it does not have to be a long time; research suggests that as little as 1-2 minutes of mindfulness each day can improve many aspects of well-being, including self-worth and body appreciation. Body appreciation is a big one when we become mothers/birthing people. Know that when we give birth, we as individuals have been reborn (mentally and physically) so love your new you because you are now even more BEAUTIFUL.

I find it helps to set a reminder on your phone for a certain time of the day to practice this.

6) Get outside

Fresh air and sunshine helps so much. The key to this tip is that you are intentionally doing something quick and easy for yourself by going outside. This works by distracting your mind from the current stress, worry, or anxious thought. It can be for 1 minute or as long as you have. This is not always realistic with busy work schedules and families, I believe I get it. But, if you can squeeze it in, try!

7) Practice Gratitude

Gratitude has found that identifying and concentrating on what you are thankful for reduces the stress hormone, cortisol, and blood pressure and makes you feel more joyful. This is one of my favourite tools, when I am stuck in worry mode, is to turn the worry around with a thought about what I am grateful for. This immediately takes my attention away from the anxious thought by distracting it and then I can come back to it later if needed. Another option is to start by thinking about 3 things per day you are grateful for. Write these down in your notebook or a whiteboard.

8) Fuel your body

There is so much positive research (it's called nutrition psychology) that states that the healthier you eat, the more your stomach and brain will respond in positive ways. Did you know that 95% of your serotonin (the happy chemicals) are in your stomach?

9) Journal

Take time today to get your thoughts out on paper. I don't know about you but I often have thoughts circling around going nowhere. It's easy to dwell on certain thoughts or ideas unless I get them on paper or in my notes app on my phone! It's a time to reflect, which usually helps put most things into perspective.

10) CREATE YOUR OWN

This tip is for anything that you already do or want to do that helps you manage your stress and anxiety.

It could be keeping up with your calendar, decluttering drinking water, enjoying a cup of coffee in peace, connecting with a friend, or volunteering. Pick a goal daily or you can keep one goal for the whole week and do it every day. This tip is for you....

Section 3

TIPS AND HABITS TRACKER

Rate any of the tips and habits you have tried/experienced over the last 7 days.

| How will you rate the following | | | | | |
|---------------------------------|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| PHYSICAL | | Never | Rarely | Sometimes | Always |
| | I feel good about my body | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | I exercise to keep my body healthy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | I get 7-8 hours of sleep every day | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | I include nutritious food in my diet | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | I spend time in nature | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

| How will you rate the following | | | | | |
|---------------------------------|--------------------------------------|-----------------------|-----------------------|-----------------------|-----------------------|
| EMOTIONAL | | Never | Rarely | Sometimes | Always |
| | I can manage my feelings properly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | I am able to cope when stress | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | I have a positive outlook and energy | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| | I allot time for my hobbies | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

Section 4

CHECKLIST

Physical activities for the week

- Exercise and/or go for a walk
- Eat healthy food and snacks
- Get 7 hours of sleep per night
- Enjoy stillness and/or meditate
- Spend time in nature

Emotional activities for the week

- Journal
- Listen to favorite music
- Spend time with family/friends
- Practice meditation
- Do something fun



Section 4

PLANNING AHEAD

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Try Journaling

Put your thoughts on paper to help store, organise and process the information. Writing down everything including your thoughts and emotional will help you process them better.

1 How are you feeling today?

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2 What can you change in your current wellness routine?

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3 List three things you are grateful for right now?

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Reflection Time

Use this space to reflect on the week. Check in on yourself on what you felt was effective, what you found challenging and what barriers may be in your way

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What were the most difficult habits/tools to stick to? What do you think they were challenging?

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What stands in the way of using these every day?

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What did you enjoy about the week? What would you like to continue to incorporate into your daily life?

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4

How is your stress and anxiety now?

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The
MOTIVATIONAL MUMS CLUB

ANXIETY
RELIEF GUIDE



DO YOU NEED
MORE HELP?

SCHEDULE A CALL



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